

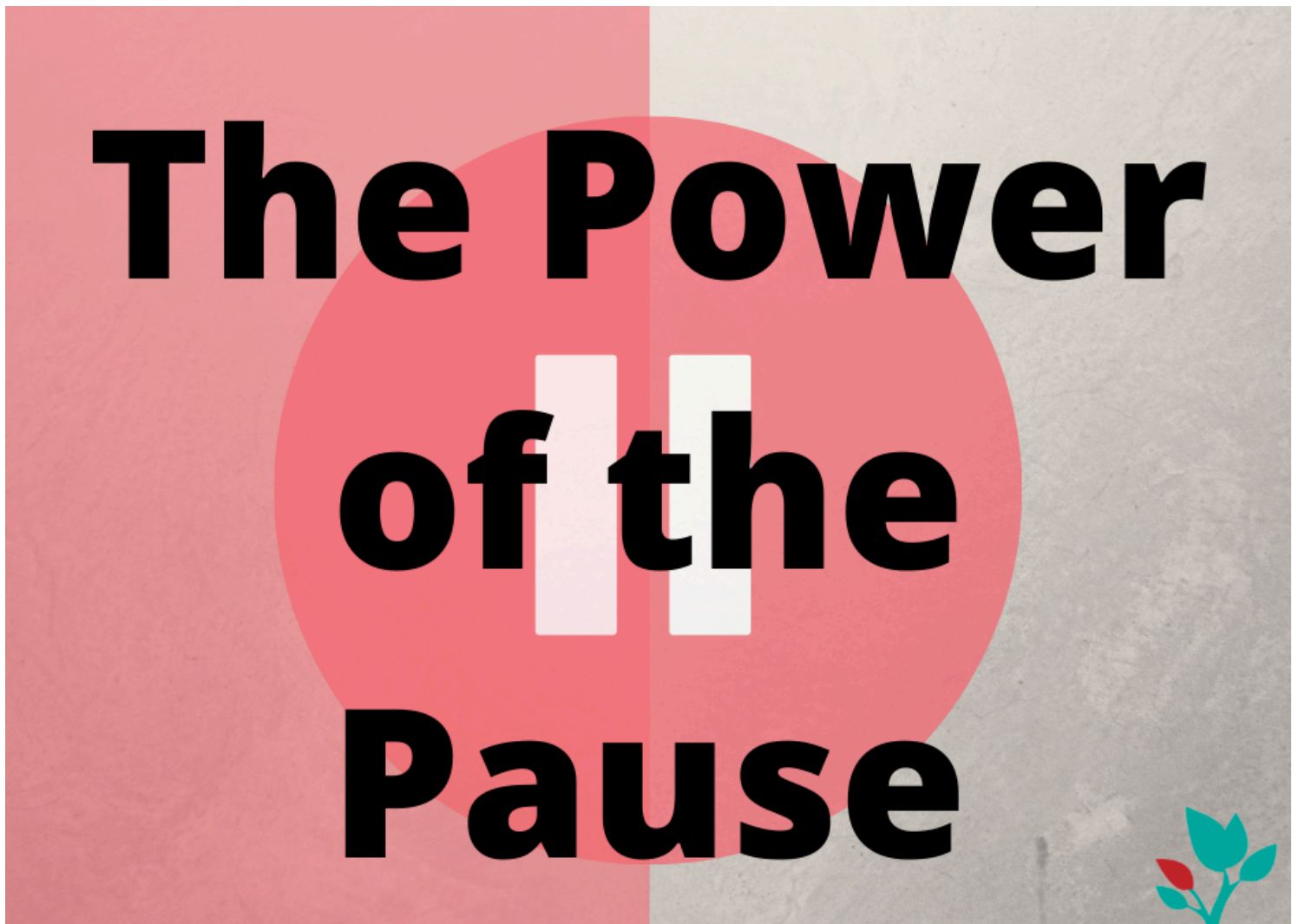


Free Your Body w/Yoga

Dharma Seeds Yoga ~ LGBTQ+ focused, Trauma-Informed, Accessible, Ability Injury Minded

=

Pause for Power: Learning on Your Break



by **Deva Hardeep Singh** | **Dharma Seeds Yoga Press**© | May 20, 2024 |

New Book just published

Pause for Power: Learning on Your Break

Ditch the doomscrolling and level up your downtime! “Pause for Power: Learning on Your Break” isn’t just a catchy phrase, it’s a lifestyle. Imagine transforming those minutes spent waiting in line or commuting into mini learning sessions. With podcasts, audiobooks, or even quick articles, you can dive into fascinating topics, gain new skills, or simply expand your knowledge. Make your breaks work for you – boost your brainpower and unlock new possibilities while you recharge.

The time has come for me to recharge and deepen my knowledge. For the next three months, I’ll be immersing myself in learning, reading, and self-reflection so that I can return refreshed and better equipped to serve. This past year has been about building a strong foundation in meditation and yoga, and now I’m ready to explore the next level: yoga philosophy. I’ll be back on August 1st, 2024, re-energized and eager to share what I’ve learned.

Last month, we welcomed over 1,200 new viewers, and so far in May, we've already reached 600! I wanted to let all of you newcomers know why I'll be a bit quiet over the next three months. Feel free to explore past blog posts or revisit some of my books. You can find a free archive of my work here

<https://archive.org/search?query=creator%3A%22Deva+Hardeep+Singh%22&sort=-date>

I'll be back in August, refreshed and ready to help you level up! During my time away, I'll be taking classes, attending training, and diving into research. This will equip me to guide you as you build upon your solid foundation in yoga and meditation, and move on to the next exciting phase of your practice.



Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk

of injury.

- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

<https://dharmaseedsyoga.wordpress.com/control/>



#NEURODIVERGENT

Yoga

Raja Yoga itself doesn't involve specific postures (asanas) but emphasizes meditation and breathwork. However, Hatha Yoga, which focuses on physical postures, is often practiced alongside Raja Yoga. Here are 10 Hatha Yoga asanas that can be practiced in a group setting to promote a sense of

community and togetherness, regardless of sexual orientation or gender identity:

1. **Tadasana (Mountain Pose):** This standing posture grounds practitioners and fosters a sense of connection and stability, a good foundation for community.
2. **Virabhadrasana I & II (Warrior I & II Poses):** These empowering postures cultivate inner strength and confidence, beneficial for everyone in a supportive community.
3. **Trikonasana (Triangle Pose):** This posture requires balance and focus, encouraging practitioners to find their own center while acknowledging others in the space.
4. **Parsvottanasana (Pyramid Pose):** Similar to Triangle Pose, this standing posture promotes balance and respect for one's own space while being aware of others.
5. **Janu Sirsasana (Head-to-Knee Forward Bend):** This seated forward bend fosters introspection and inner peace, a valuable quality for building a strong community.
6. **Setu Bandhasana (Bridge Pose):** This gentle backbend promotes feelings of openness and trust, important aspects of an inclusive community.

7. **Paschimottanasana (Seated Forward Bend):** This forward bend encourages letting go and surrender, reminding us to be open to different experiences within the community.
8. **Supta Matsyendrasana (Supine Twist Pose):** This twisting posture promotes spinal health and can also symbolize the interconnectedness of individuals within a community.
9. **Savasana (Corpse Pose):** This resting pose allows for relaxation and integration of the practice, fostering a sense of shared experience and community.
10. **Supported Balasana (Child's Pose):** This restorative pose provides comfort and safety, a quality everyone deserves to feel within a supportive community.

Remember, these are just a few examples. The most important aspect is creating a welcoming environment where everyone feels comfortable practicing yoga together.

Donate to Publically Private

PUBLICLY PRIVATE: LGBTQIA+ Charity Donation

Publicly Private stands out as a leading charity in the realm of LGBTQIA+ support. With a mission that goes beyond simply

helping, we embody the essence of community,
empowerment, and pride.

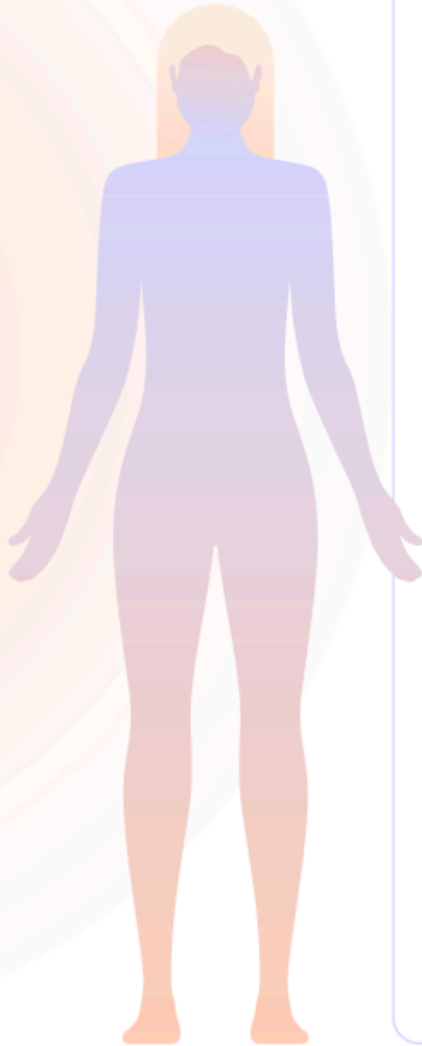
Contribute to change.

Resources

Body Scan Meditation

🕒 Time: 15–20 Minutes

📊 Difficulty: Easy




THE BENEFITS OF THE BODY SCAN MEDITATION

- **Builds greater body awareness** – Tuning into sensations across the body helps become more aware of what's going on inside. It also helps you get "out of your mind & into your body"
- **Breaks habitual body tension** – By noticing areas of tightness, we can send conscious breaths to invite softening and relaxation.
- **Cultivates present moment focus** – The process of guiding attention through the body anchors us in the here and now, rather than ruminating on thoughts.
- **Encourages non-judging awareness** – Noticing sensations without labeling them as good or bad fosters equanimity in our body experience.
- **Allows appreciation of the body** – As we systematically scan through the body, we can feel gratitude for all the body does for us.
- **Can be done lying down** – The fact that it can be practiced lying in bed makes it an easy habit, especially helpful before sleep.

Find the instructions for the body scan meditation on the next page.
You'll also find a script that you can use.

Body Scan Meditation

 Time: 15–20 Minutes Difficulty: Easy

INSTRUCTIONS

01. Find a Comfortable Position: Begin by finding a quiet, comfortable space where you won't be disturbed. You can do the body scan lying down, sitting, or in any position that feels comfortable for you. Ensure your back is straight, but not tense.

02. Close Your Eyes and Breathe: Gently close your eyes. Take a few deep breaths to center yourself. Inhale deeply through your nose, hold for a moment, and exhale slowly through your mouth. As you breathe, start to let go of external worries and thoughts.

03. Set an Intention: If you like, set an intention for your practice. It could be something like, "May this practice bring calmness and awareness to my body."

04. Begin with Your Feet: Direct your attention to your feet. Notice any sensations you feel here. It could be warmth, coolness, pressure, tingling, or maybe nothing at all. Acknowledge whatever you find.

05. Gradually Move Upward: Slowly move your focus up to your ankles, calves, knees, and thighs. Spend a few moments on each body part. As you do this, remember to breathe naturally. If your mind wanders, gently bring your attention back to the part of the body you are focusing on.

06. Explore Your Torso: Bring your awareness to your lower back and abdomen. Feel your belly rise and fall with each breath. Then, move up to your chest and upper back. Notice the sensations associated with breathing – the expansion and contraction of the lungs, the rise and fall of the chest.

07. Focus on Your Arms and Hands: Shift your attention to your fingers, hands, and arms. Observe any feelings of touch, temperature, or movement.

08. Notice Your Neck, Face, and Head: Bring your awareness to your neck, facial muscles, and the top of your head. Be mindful of any tension or relaxation in these areas.

09. Scan the Whole Body: Now, widen your focus to include the entire body. From the top of your head to the tips of your toes, feel your body as a whole. Breathe in deeply, bringing energy to your body, and breathe out any tension.

10. Conclude Your Practice: When you're ready to finish, start to bring your attention back to the room. Wiggle your fingers and toes, gently stretch if needed, and when you feel ready, open your eyes. Take a moment to notice how your body feels compared to before the meditation.

11. Reflect: After completing the body scan, take a minute to reflect on the experience. Notice any changes in your body or mind. Remember that there's no right or wrong way to feel during this practice.

Body Scan Meditation

🕒 Time: 15–20 Minutes

📊 Difficulty: Easy

🔊 INCLUDES AUDIO VERSION

SCRIPT

Find a comfortable seated or standing position, or lie down with head support. Allow your body to relax and release tension. When ready, close your eyes and focus on your breath. Take long, slow deep breaths. Inhale through your nose, feeling your belly expand. Exhale through your nose or mouth. Settle into a natural rhythm.

Bring your attention down to your feet. Start observing any sensations here – perhaps warmth, tingling, numbness, or nothing at all. That's perfectly fine. You can wiggle your toes a little inside your shoes or socks and feel your feet just as they are. Imagine breathing energy into your feet as you inhale. Exhale any tension. If your mind wanders, gently escort it back to your feet.

When you're ready to move on, allow your feet to dissolve in your mind. Shift your focus now to your ankles, calves, knees, and thighs. Pay attention to any sensations arising in your legs. Maybe you notice some tingling or pulsing. Temperature changes. Points of contact with the floor or chair. Just observe with an open, curious mind without needing to change anything.

When you feel ready to transition, go ahead and let the focus on your legs fade. Bring your awareness now into your lower back and pelvic region. Feel any sensations here...is there any stiffness or tension to release? Warmth? Tingling? Throbbing? The rise and fall of breathing? Accept any sensations you discover just as they are.

Slowly move your attention up into your mid and upper back now. Feel into the points of contact, like your back against a chair. The subtle movements caused by breathing. Any areas holding tightness. With each exhale you can imagine letting go of that tension, allowing your breath to relax your back muscles.

Shift your focus next to your stomach. You might notice emptiness or fullness, the feeling of clothing, warmth, digestion or other activity. Just observe with neutral, non-judging awareness.

Now let's bring awareness to your chest. You may become aware of your steady heartbeat. The chest rising with each inhale and falling with each exhale. If your mind begins to wander, gently notice this without judgment and bring it back to noticing the sensations in your chest. Notice how all sensations shift and change moment to moment. Observe how no sensation is permanent. That's okay. Just let them come and go.

When you're ready, guide your focus now down into your hands and arms. Pay attention to any sensations in your fingers, palms, the back of your hands and wrists. You can even imagine your breath flowing in and out through your fingertips if you'd like. Shift your mind between your left arm and your right arm. You might notice a slight difference in sensations – no need to judge this. As you exhale, you may experience the arm soften and release tension.

Now, bring your attention to your neck, shoulders, and throat. We often hold tension here so as you breathe in, imagine the breath dissolving any knots or tightness. Notice any sensations here. Whatever you feel, it's all okay. With each exhale, consciously relax your neck and shoulders even more.

Finally, take a moment now to feel your whole body at once – from the top of your head down to your feet. Allow your entire being to relax into the surface below you. Tune into the gentle rhythm of the breath as it moves through your body.

When you feel ready to end your practice, gently open your eyes and come back to your surroundings. Notice how your body feels now compared with the beginning. See if you can carry that sense of relaxation and mindfulness with you as you transition to the next moments of your day.

- **PTSD resources**

- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>
- **The American Psychological Association:** <https://www.apa.org/>
- **Prison Yoga Project – 200hr Yoga Teachers Training:** <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- **In The Rooms (web based 12-STEP rooms)** <https://www.intherooms.com/home/>
- **National Institute of Mental Health:** <https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- **Attention Deficit Disorder Association:** <https://add.org/>
- **American Academy of Child and Adolescent Psychiatry:** <https://www.aacap.org/>
- **StopBullying.gov:** <https://www.stopbullying.gov/>
- **The National Bullying Prevention Center:** <https://www.pacer.org/bullying/>
- **The Trevor Project:** <https://www.thetrevorproject.org/>
- **The National Institute of Mental Health:** <https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- **The National Autism Association:** <https://www.autismspeaks.org/>
- **The Learning Disabilities Association of America:** <https://ldaamerica.org/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

Sign up for our newsletter: <http://eepurl.com/hQlzgL>

Dharma Seeds Press

bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

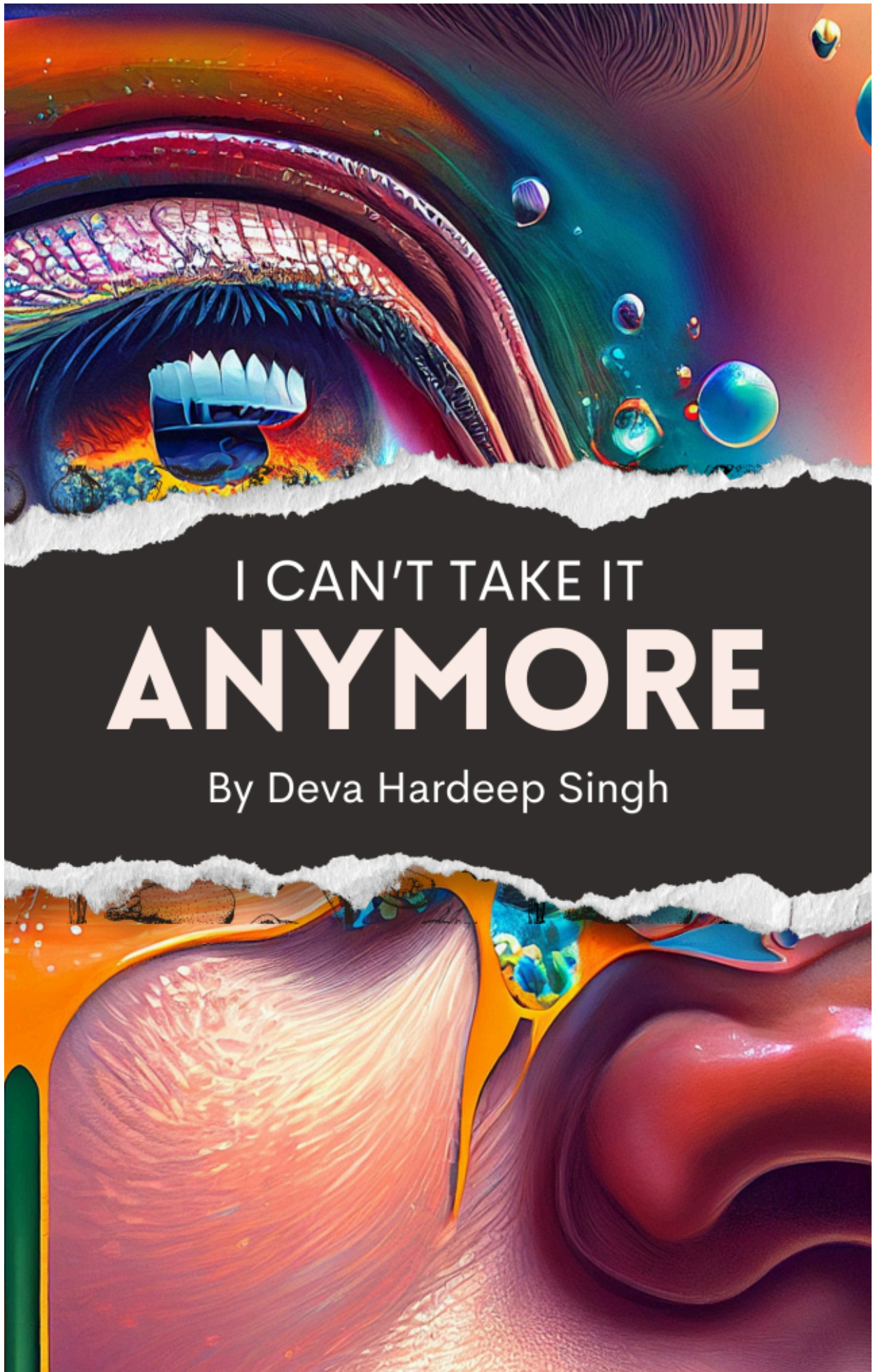
Deva's BoHo Shoppe

Dharma Seeds Yoga brochure

Join our Engage MindfulnessTM *Minds Martial ArtistTM* program FREE



For more information on our Engage Mindfulness™ please email: dharmaseedsyoga@gmail.com



I CAN'T TAKE IT **ANYMORE**

By Deva Hardeep Singh

Now For Sale

Finding Light When You Feel Down This book offers a roadmap to navigate challenges and find inner peace. It starts by acknowledging moments when you feel low, as captured in “He’s Down and Not Responding” (pg. 4). This initial recognition is crucial for moving forward. The following sections offer tools for personal growth. “The Divine Feminine is the source of our creativity and intuition” (pg. 13) suggests tapping into this inner wellspring for guidance and inspiration. Similarly, “GET OUT in Nature” (pg. 24) highlights the restorative power of spending time outdoors. Immersing yourself in nature can be a powerful way to reconnect with yourself and find clarity. The journey to inner peace also involves self-reflection and letting go. “Laying your actions at the feet of God” (pg. 33) encourages surrender and acceptance, while “Addressing the elephant in the room... Burnout” (pg. 39) tackles a prevalent issue in our fast-paced world. Recognizing and addressing burnout is essential for reclaiming your well-being. This is a true story written by a disabled guy. Helping you see past your own limitations.

[New Book just published](#)

[https://www.lulu.com/shop/deva-hardeep-singh/i-cant-take-it-anymore/paperback/product-rmgj2y8.html?
q=deva+hardeep+singhu0026amp;page=1u0026amp;pageSize=4](https://www.lulu.com/shop/deva-hardeep-singh/i-cant-take-it-anymore/paperback/product-rmgj2y8.html?q=deva+hardeep+singhu0026amp;page=1u0026amp;pageSize=4)

BEST SELLER BOOK

2024 ADHD PLANNER



DEVA HARDEEP SINGH

DHARMA SEEDS YOGA PRESS

NOW FOR SALE

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a comprehensive resource for people with ADHD who are looking to improve their mindfulness skills. The planner includes a variety of activities and exercises, such as mindful breathing, body scans, and journaling prompts. It also includes space to track your progress and to set goals.

The planner is designed to be accessible and user-friendly. The activities are written in a clear and concise way, and the planner includes plenty of space to write down your thoughts and feelings. The planner is also visually appealing, with calming illustrations and a soothing color scheme.

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a valuable tool for anyone who wants to improve their mindfulness skills. It is a helpful resource for people with ADHD who are looking to manage their symptoms, improve their focus, and reduce stress.

Here are some of the features of the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner: ·

- Mindfulness activities and exercises: The planner includes a variety of mindfulness activities and exercises, such as mindful breathing, body

scans, and journaling prompts. These activities are designed to help you develop your mindfulness skills and to improve your overall well-being. ·

- Goal-setting: The planner includes space to set goals for yourself. This can help you to stay motivated and to track your progress over time.
- Progress tracking: The planner includes space to track your progress on your mindfulness journey. This can help you to see how far you have come and to identify areas where you need to improve.
- Calming illustrations: The planner includes calming illustrations that can help you to relax and to focus. · Soothing color scheme: The planner has a soothing color scheme that can help you to feel calm and relaxed.

If you are looking for a comprehensive and user-friendly mindfulness planner, the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a great option. It is a valuable resource for anyone who wants to improve their mindfulness skills and to manage their ADHD symptoms.

[View sample pages](#) | [Buy Now](#)

Mindfulness ~ The Minds Martial Arts TM



MINDFULNESS WORKBOOK

DEVA HARDEEP SINGH
DHARMA SEEDS YOGA

NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular

practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

The Mind's Martial Arts™ Chapter 1



World Yoga Federation



Released Now

SELF-CARE PLANNER

2024



DHARMA SEEDS YOGA

Trauma-informed yoga



TAKE CARE OF YOURSELF THIS YEAR WITH THE
2024 SELF CARE PLANNER!

- PLAN YOUR SELF-CARE ACTIVITIES AND TRACK YOUR PROGRESS.
- FIND INSPIRATION AND MOTIVATION TO TAKE CARE OF YOURSELF.
- MAKE SELF-CARE A PRIORITY IN YOUR LIFE.

[Sample PDF](#) | [Buy Now](#)



Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the **Hulu/FX Series Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



Find Deva on World Yoga Federation

Advertisements

Occasionally, some of your visitors may see an advertisement here, as well as a [Privacy & Cookies banner](#) at the bottom of the page. You can hide ads completely by upgrading to one of our paid plans.

UPGRADE NOW

DISMISS MESSAGE

dharmaseedsyoga

May 20, 2024

[Accessible Yoga](#), [Asanas](#), [Hatha Yoga](#), [Health & Wellness](#), [Meditation](#), [Mental Health](#), [Mindfulness](#), [Neurodivergent](#), [Neurodiversity](#), [Raja Yoga](#), [Self-Care](#), [World Yoga Federation](#)

[Accessible Yoga](#), [Dharma Seeds Yoga](#), [Health & Wellness](#), [Meditation](#), [Mental Health](#), [Mindfulness](#), [Neurodivergent](#), [Neurodiversity](#), [Self-Care](#), [World Yoga Federation](#)

Leave a comment

[Start a Blog at WordPress.com.](#)